



Dear Citizens,

Too often in life, the best solution to an ongoing problem is not a cure, but prevention. Heart and lung diseases are as preventable as they are terrible. I believe it is the responsibility of government to provide outlets to citizens who want to live healthier lives. This week, I had the pleasure to be involved in events that are helping to make Baltimore healthier.

Yesterday, I joined Governor Martin O'Malley in Annapolis as he signed a state-wide smoking ban into law. This historic legislation will protect individuals from the tremendous dangers of second-hand smoke. Starting in January 2008, all Maryland citizens can enjoy bars and restaurants without being subjected to the adverse effects of cigarettes.

The state-wide ban would not be law today if the Baltimore City Council had not passed a city-wide ban this February. Councilman Robert Curran championed the ban for years, and it was an honor to sign that bill into law. We put the health and welfare of the citizens of Baltimore first, and lead the Governor and General Assembly to follow suit.

All week long, Baltimore has joined cities around the country in celebration of National Bike week to promote a fit, environmentally-friendly community. On Monday, I rode from City Hall to Fort McHenry with my cabinet to kick-off the week's activities.

I also announce that I have opened up the Inner Harbor Promenade for cyclists for the first time. The promenade is now opened to cyclists Monday to Saturday from 6:00 a.m. to 10:00 a.m., and Sundays from 6:00 a.m. to 11:00a.m.

Bike to Work Week is important to the health of our city. Biking improves personal fitness. In fact, a 30-minute bike commute meets the Surgeon General's recommended minimum for exercise and burns around 250 calories, whereas sitting in your car for 20 minutes burns only 25. Biking to work also reduces traffic congestion and air pollution. During the summer months, we hear of Code Orange and Code Red Action Days when ground level ozone makes the air dangerous to breath. Single occupancy vehicles contribute 20% of the pollutants that

cause ground level ozone.

Your health, and the health of your friends and family, is important. I am committed to providing preventive measures for individuals determined to live a long and prosperous life. For more information about how to be healthier, visit the [Baltimore City Health Department](#).

As always, I am interested in what you think about our plan to make our city a dynamic place to LIVE, EARN, PLAY and LEARN. Please [email me](#) your comments or suggestions.

Sincerely,

Sheila Dixon
Mayor
Baltimore

Want to Quit Smoking?

Call for Free Nicotine Patches and Gum

Free nicotine patches and gum are available for people who want to quit smoking. If you are a Baltimore City resident and at least 18 years old, you may be eligible.

Call 1-800-QUIT-NOW.

Patches will be available for a limited time, so call now!

Please visit the [Baltimore City Health Department](#) for more information.

Baltimore Farmers' Market

Sundays Under the JFX

Baltimore Farmers' Market:

Everyone is invited to enjoy this one-of-a-kind shopping experience at economical prices. While strolling the market, guests can revel at the sight of the large quantity of the freshest fruits and vegetables, eggs, a variety of breads from Maryland area farmers, and delight in homemade treats. In addition, food vendors add spice to the market with cultural cuisine, popular pit beef sandwiches, pastries, cheese, and gourmet treats.

Sundays, May 6 - December 23, 2007
8am to sellout, approximately noon

Holliday and Saratoga streets underneath the Jones Falls Expressway

Activities for the Whole Family

Special Events All Around Baltimore

The Baltimore City Department of Recreation and Parks offers activities for city residents and guests - educational hikes and walks, sports leagues, youth and senior activities, and fun for the family.

Please visit [Rec & Parks' Events Calendar](#) for dates and times.



TV25: How Baltimore sees itself

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